SMALLPOX

IT'S EXTERNAL TREATMENT AND PREVENTION

Price Twenty-Five Cents The Copy

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Introductory.

THE object of this work is to give practical information and instruction to those who may be called upon to nurse persons sick with Smallpox, giving them a degree of protection not hitherto obtainable by any other means until put in practice by the author at his own individual risk.

The protection, when this system is used, is greater than that given naturally by a recovery from the disease; from the fact that a person who has had smallpox is only partially defended against the disease. By this artificial method a person receives the same protection, and at the same time it acts offensively against the disease.

By treating the patient by the method given herein the patient is not only relieved of considerable suffering, an important object in itself, but every move in this direction is a practical move in the destruction of Smallpox disease germs where they are produced.

To persons who by accident might be exposed to Smallpox I can recommend the method given, even though the incubatory period is nearly expired. To persons who have a natural fear of Smallpox, I would call attention to the fact that continual protection or immunity can be given at an expense that need not exceed 50 cents to $1.00 per year. W. B.

SMALLPOX

What It Is and It's Mode of Action.

SMALLPOX, from my independent point of view, is a disease belonging to fermenting organisms similar to fermentation of vinegar, small, it is true. The seeds find entrance to the human organism by breathing or swallowing and are also absorbed or pass through the skin after an incubatory period of about six days, which to all appearances has been occupied in reaching the seat of activity. Where the skin is broken the disease is advanced six days. This seat of activity is the white blood cells between the two skins. Fermentation of these blood cells takes place; fever increases to the ninth day, blisters are forced out upon the outer skin, filled with a watery substance much in appearance to the blisters that come upon the palms of the hands through hard, unaccustomed labor, only they are more defined in circles. These blisters are more or less numerous, varying with the severity of the case. They first make their appearance on the top of the forehead, travel downward over the whole surface of the body to the ends of the toes, and also spread to the ends of the fingers. It takes about nine days to travel over this outer surface. While this has been going on it has traveled down the respiratory organs

to the lungs, reaching there between the ninth and tenth day. If the case is a severe one, breathing is cut off by the disease's action upon the lungs and death is a natural consequence, by smothering. The disease has also passed at the same time through the whole course of the digestive organs.

About the eleventh day the blisters have begun to dry up, many of them break; fever subsides and recovery commences. But the patient is not left to his victory over one disease enemy before another one has to be encountered. This second one does not produce fever but the patient suffers from itching where the blisters have been. Many patients have suffered untold misery from this cause, increased by the attendants tying their hands and feet to prevent them from tearing themselves in their efforts to allay the itching by scratching the afflicted parts.

Recuperation from Smallpox proper seems to add new vigor to fight against this secondary disease; also against any old chronic disorder that the patient might have had previous to his sickness. Two weeks from the time the disease reaches its height, recovery is surprisingly rapid considering the amount of wounded surface which has to be healed over. The appetite increases and after about two weeks more the patient is able to go about his business, disease scarred, or Smallpox marked, it is true yet often in other ways a healthier person than before.

TREATMENT OF SMALLPOX

Although, so far as I have any means of knowing, Smallpox when under headway is not curable in the strict sense of the word, yet I do not consider the time is far distant when Smallpox will be curable. That is, as soon as it is known that a person is suffering from the disease, to be able to give such treatment as will

arrest the disease from going any farther, or, say six hours from the time treatment commences, the patient begins to convalesce instead of having the disease run its course of three or four weeks. All that is required is to prevent the active fermentation under the first skin. While it is not curable we can relieve the patient from considerable suffering even though we let the disease run its course. Three very important things can be done in favor of the patient: All fever can be arrested that has its origin on the exterior skin surface of the body; all itching can be prevented that has its origin in the same place; and the throat can be kept clean by the use of different gargles. So, although we cannot claim a complete victory we can still put up a good fight.

My method of treating Smallpox is to use a disinfectant wash made of one ounce of Nitrate of Lead to one quart of water. This can be applied with a soft sponge or cloth, or what is still better, a camel's hair brush about two or three inches wide. By applying this to the surface of the skin a large amount of the active Smallpox germs are destroyed and the effect upon the patient is almost instantaneous relief from fever; and the suffering which fever causes. The fever rapidly ceases and the patient recovers rationality. This relief although I claim of the very best, is only temporary; and fever commences to be active again in about half an hour. The same treatment can be repeated and the same good effect produced and continued as long as any fever symptoms show themselves. As the disease travels to other parts of the body the fever will become of a local character instead of general, leaving the head and face for the arms; the arms for the body and the body for the legs and toes. The same treatment can be continued so long as any fever is complained of on any part of the outer surface of the body. When the disease reaches the lungs or bowels this treatment cannot be used, but the throat,

which has been filled with phlegm and swollen, something like diphtheria, can be cleansed and relieved by using the disinfectant wash already given. This wash when used as a gargle must necessarily be used with extreme caution. The patient must be careful not to swallow any of it on account of its poisonous nature; so after using it as a gargle the mouth should be washed out with warm water. Listerine can be used as a gargle with safety, and with nearly the same degree of success. Either of the gargles must be repeated as often as any mucous comes into the throat. Sometimes this has to be repeated every fifteen minutes or half hour for several days and must not be neglected on account of the likelihood of choking. The disease in passing through the bowels is likely to produce more or less costiveness, which can, to a certain extent, be relieved by the use of a syringe.

When recovery from Smallpox begins to take place there is likely to be hemorrhage of the bowels, especially if the case is a severe one. This is caused by the scales or scabs coming off on the inner coating of the bowels but recuperation will heal these internal sores and the hemorrhage cease. The Smallpox proper having run its course the sores commence to dry up and the second disease begins to take effect. This second disease does not produce a blister but an eating sore. The sensation to the patient is itching; it also produces a very annoying odor, perhaps the correct name for it would be syphilis. It eats, rots, and throws out an annoying odor and makes the patient suffer from itching while it lasts. By following the same method of treatment for this secondary disease, the disease is destroyed and the itching ceases. The peculiarity of this second disease is that it follows the same course over the body as the first; taking about the same length of time to do its work. By repeating the treatment every time the patient begins to complain of itching there

will be but very little need to tie hands or muffle them, Besides, by this treatment, the foul odor is kept down. It is wholesale disinfection or destruction of active disease germs where they are produced or propagated.

Much the same hygienic rules are applicable to a person sick with Smallpox as are applicable to other kinds of sickness, with perhaps a few minor exceptions. Special care should be taken to let patients have all the new milk they can drink. A thermometer is very essential and the temperature of the room requires to be fully under control. Persons suffering from Smallpox are extremely sensitive to changes of temperature. A variation of one or two degrees being instantly felt by them. A peculiarity which has been noticed in Smallpox patients is that each person has a minimum degree of temperature. In three different persons the minimum temperature required was 65, 75, and 83 degrees. No two of these persons could have been kept in the same room without the minimum temperature of one being a source of suffering to the other. That is, the one whose temperature was 75 would have suffered seriously from heat had the temperature been kept at 83 degrees to suit one patient, and with cold if kept at 65 which would have suited another.

The bedding of a Smallpox patient should be of some soft material. I would prefer a mattress with an extra thick layer of cotton on top of it. The soft cotton top of the mattress is better than a feather bed, but any bed should be soft on account of the patient having to lay on a considerable number of sores and a bed made of any hard substance would cause the patient unnecessary suffering on that account. The sheets should be changed every day and the dirty ones cremated in a hot coal fire, Fresh, clean sheets that have been worn are better than new ones and should be used to replace the ones taken off.

Ventilation is a thing that must be attended to. Smallpox proper through the fever stage is very suffocating and both patient and nurse will suffer from this alone. It is still worse if the ventilation is not good during that time. During the convalescent stage, or as soon as the second disease begins to take effect, an annoying odor is emitted from the patient and ventilation is again necessary on that account to let this foul odor escape.

In the matter of food for a person suffering from Smallpox I do not think any special instruction is necessary with the single exception of plenty of good, new milk during the fever stage to the point of convalescence. Then, nearly any kind of food that the patient has been accustomed to can be relished with a gradually increasing appetite. A great deal of the food seems to be utilized in the healing process. The patient gains slowly in flesh, considering the amount of food consumed.

Cleanliness around a patient cannot go too far, so long as it does not injure the patient. I have found old newspapers useful for temporary carpets as they can be rolled up and burnt in the stove and daily replaced with new ones.

PREVENTION OF SMALLPOX

To prevent a person contracting Smallpox, whose duty is to attend to the wants of those suffering from the disease, all that is required is to use the solution of Nitrate of Lead of the same strength, and bathe the whole exterior surface of the body from head to feet; letting the solution dry on the body. This operation will sterilize any Smallpox germs upon the skin and while it remains there, will sterilize any germ that may come in contact with it. Thus acting as an effective coat of mail, preventing the disease getting through the skin. Although it would be using

good judgment to use it in the manner described before going near the disease, I have several reasons to believe that this treatment would be effectual in preventing sickness two days after contact, with a decreasing possibility to the sixth day. While this method of treatment effectually bars the disease from getting through the skin it does not prevent the disease germs from getting upon the lungs or from swallowing them, and a person will suffer a certain amount by the disease getting upon the lungs and bowels, though but small compared with a person broken out with Smallpox upon the exterior surface of the body; nor does it leave any visible marks, neither is there any secondary troubles to contend against. Some noteworthy, or curious facts, are possible by this method of prevention. If the skin is broken while the person so protected is in contact with the disease the Smallpox germs will get into it and form a local Smallpox pustule but it will not become general over the whole body. Again, if a part of the body is left unprotected that particular part will suffer to a point where the protection is. To illustrate this point I will cite my own case. While nursing a person sick with confluent Smallpox the weather was very cold, from zero to 35 degrees below. Not desiring to wet my hair I neglected to protect the top of my head and in due time had a sore head, but it did not break out there. I suffered upon the unprotected parts, viz: the lungs, bowels, top of the head, and three places where the skin was broken; but on no other portion of the body. This was not to exceed the one-thousandth part of what those patients suffered whose whole body was a mass of sores. Had I protected the top of my head as well as I did the remainder of my body, I should not have suffered from the disease at all. Under present circumstances I pity persons who go near Smallpox, whose only protection is the fact that they have had the disease before, and recovered from it, for if it

breaks out with them again their chances of recovery are very slight. I have good reasons to consider myself much safer when protected in the manner described, than any person who has had Smallpox and recovered.

The cost of this preventative treatment for twelve months need not exceed 50 cents. The same material being used freely upon the sick and also used as a disinfectant around the premises will, of course, take much more.

By using the disinfectant in the manner described once a day on the exposed head and hands and once a week all over the body there is little danger of taking the disease through the skin. Of course it might be considered by some a matter of safety to bathe the whole surface of the body every day of exposure. I do not consider that necessary for this reason: The Nitrate of Lead solution will sterilize any disease germs that have been upon the skin for two days; and by letting the disinfectant dry there it will stay upon the skin two or three days more and continue to destroy fresh germs that might settle there. The solution given is in no way injurious to a person but is very beneficial, especially refreshing and pleasant, and is at the same time one of the cheapest, safest, and best disinfectant baths. If used in a bath tub, one-half pound to a barrel of water would be sufficiently strong to destroy any Smallpox germs; for a wash, either upon a sick patient or for preventative purposes, one-quarter ounce to one ounce in a quart of water; for the itching from the scabs one ounce to a quart of water, or even stronger than that.

HOW SMALLPOX SPREADS

First: By coming in contact with persons sick with Smallpox.

Second: By being carried upon clothing, bedding, etc.

The above confines the disease to certain people, or what

might be called, makes the disease local. The next, or third way, is through the medium of the atmosphere. This last makes the disease general, and makes it run outside of certain limits. While severe cases of Smallpox are contracted principally by persons getting in contact with sick persons, infected clothing, etc., it is still very evident that the atmosphere gets charged with the disease germs. This is made plainer when I say that the atmosphere in a room where a patient is sick, no matter at what temperature it is kept at, soon gets suffocating; giving a sensation of smothering like that experienced from being in a place heavily charged with carbonic acid gas. Abundant ventilation is a pressing necessity on this account. This suffocating I attribute to the disease germs floating in the atmosphere, getting upon the lungs. In the case of carbonic acid gas suffocation, breathing power is soon completely restored when a person reaches the clear atmosphere. In the case of Smallpox germs upon the lungs, relief is only partially restored by going into a better atmosphere and the smothering effect can be felt several days after; or what is still more likely, the disease takes effect upon the lungs and the person has fever, mistaking it for pneumonia, a bad cold, or anything else but Smallpox upon the lungs. Persons who have had Smallpox on the lungs are just as likely to have the disease several times, the immunity which they receive being confined to the outer surface of the body or skin.

To make this matter plainer, of a person who has recovered from Smallpox of the lungs having a greater resistance to Smallpox than those who have not; and still be liable to infection, I will say that the minimum power of resistance, although very much increased by the recovery from the sickness, can still be overcome by an increased power of infection.